

Title: The ankle joint injury prevention of floorball players

Objectives: The main objective of this work is to determine what prevention of ankle joint and if ever floorball players use. The research is focused on players from first League and Extraleague in Czech Republic. Furthermore, what character of ankle joint injury is the most experienced by players, if there is a link between the injury of ankle joint and positions which are players playing, or a link between the injury of ankle joint with the length and frequency of trainings. The work deals also with the link between origins of injuries on rebound or swing leg.

Methods: In the work has been used quantitative type of research using questionnaires. The results were statistically processed by programmes Microsoft Excel and Statistical Package for Social Science 17.0 (SPSS).

Results: The research found that the incidence of ankle joint injuries by floorball players is high. The most common character of ankle joint injury is stretched ligaments. The link between injuries and the length and frequency of trainings, or the link between posts which players play and injuries can't be rejected. The injury of ankle joint occurs more frequently on rebound leg. Furthermore, it was found that many players are using some kind of prevention, but very often they don't know that the exercise is a part of prevention or the start of prevention is after experience with the first ankle joint injury.

Keywords: floorball, ankle joint injury, prevention